



Behavioral Stress and Management

 Mrs. Shalini Das^{1*},  Dr. Swetha Appaji Parivara²

¹ Research Scholar, Garden City University, Bangalore.

² Associate Professor, Garden City University, Bangalore.

*Corresponding Author: 21pamg102@gcu.ac.in

Article Info: - Received : 03 March 2023

Accepted : 13 March 2023

Published : 26 March 2023

Abstract

A lot of research has been conducted and utilised for clinical purposes in the areas of stress. Where concentration of stress on physical and mental health has been prioritised and managing those fortes by practioners have been given due value, Behavioral stress has also seen a prominent place in the past decade in the researches. Majorly the use of the researches on Behavioral stress has been made by psychoanalysts as well as organisations to manage their employee's performance at work and keep up the work environment stress free. Behavioral stress plays an important role in shaping one's personal life and keeping oneself away from the issues arising as a result of stress. Rather, based on analysis as part of the present paper it is quite an important aspect of stress that promotes physical as well as physiological symptoms of stress among individuals. The present paper has analysed the concept of Behavioral stress, the role of it in our personal and professional well-being, the major causes as well as some of the prominent coping techniques at personal and professional levels. It can be considered to be the first symptoms an individual can identify in oneself even before the physical and physiological symptoms turn prominent and long-term effects are visible. The Behavioral symptoms can help an individual to be vigilant and manage them using various tools like enhancing one's emotional quotient as well as adversity quotient, the impact of overall stress on physical health and physiological and mental health can be managed..

Keywords: *Stress, Behavioral, Coping, Well-being, Symptoms.*



2583-7354/© 2023 Mrs. Shalini Das and Dr. Swetha Appaji Parivara. This is an open access article distributed under the Creative Commons Attribution License (<https://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license, and indicate if changes were made.

1. INTRODUCTION

Human behaviour means the actions and interactions of people. It has been founded on and impacted by a number of elements, including genetics, culture, and individual beliefs and attitudes. It has been scientifically proven that human behaviour is the very multifaceted interaction of emotions, action, and cognition. Managing a stress-free life is a task nowadays. Our lives are just the

manifestation of the choices we make which makes things more complicated and hence more stressed. Nowadays, stress is like a part and parcel of our lives ([Chrousos, 2009](#)). But how has that come in as a regular phenomenon inspite of technology easing our lives. Basically, Behavioral changes like lowered patience levels, inability to cope with emotions, efficiently displaying and respecting each other's emotions are some among the major causes of a stressed life. The pace of contemporary life tends to

be quite stressful for many people. In most cases, stress is brought on by internal conflict that results from lofty ambitions and the successful completion of goals (Gangai, 2013). The inability to decide or to adequately deal with a difficult circumstance may also contribute to feelings of stress. Everyone experiences some level of stress, but the intensity of that experience may vary greatly depending on a number of personal and environmental variables. People who are more prone to stress suffer from a greater number of health issues and struggle more in their interpersonal relationships. Even if stress cannot be completely removed from an individual's life for sure, it may be reduced, which can be beneficial to having a healthy and successful social life. It is thus of utmost importance to have an understanding about some useful coping mechanisms for managing of human stress. Behavioral changes are the first thing which is visible when a person is stressed out which leads to physical, or psychological changes. So, in this paper based on pre-published literatures it would be analysed how stress develops and when it is on the first level where it can be self-managed which would help manage its impact on physical or psychological health of an individual.

2. DEFINITIONS

According to (Folkman, 1984), stress and coping are both the dynamic phenomena. Stress has been considered to be working as in interaction of an individual with its immediate environment, which is judged by the individual to be beyond his coping capacity. When seen in this light, it is possible to make the assertion that a person whose mind is still maturing (and who has high expectations) is more prone to stress in situations in which he or she is in the midst of a track such as do's or don'ts. If the perplexing scenario continues for an extended period of time, it tends to lead to persistent stress, which will ultimately result in mental and physical sickness of the person. Stress hence can be considered to be a state of mind that works in pressure of individuals perception towards its environment and society which with an inability to cope with leads to a multitude of disorders (D. Bhargava, 2018). In view of the substantial human and economic consequences linked to employee stress, the research and application of strategies that successfully avoid or lessen job-related and personal stress are extremely pertinent endeavours (A. Noblet, 2006).

3. STRESS IN HUMANS

Our social lives are often impacted by stress. People sometimes withdraw from social engagements and become irritated and aggressive when they are

experiencing high levels of stress or chronic stress for an extended period of time. Early childhood adversity may also alter predisposition to antisocial behaviours, such as social alienation and aggression. However, the impacts of early life stress rely on the time of exposure as well as on hereditary variables (Sandi, 2015). Some of the anatomical, functional, and chemical changes in the brain that are the basis for the impacts of stress on social behaviour have been uncovered via research conducted on both animals and people. These are the symptoms of stress which manifests itself through the human behaviour. It can be of many types depending upon the adversity or the surrounding. It is very important to note here that stress always is psychological in nature it only manifests through different arena of the possibilities like physical, Behavioral, psychological, mental etc.

The conditions that induce stress are referred to as stressors, and they include anything from serious jeopardy to delivering a presentation or doing a whole term's worth of your most difficult course. Some of the leading sources of stress for individuals include:

- Finances
- Relationship
- Work-life Balance
- Career

Some forms of stress have a high frequency, whereas others have a low frequency. Some high frequency pressures, such as everyday problems, are less severe than low frequency stresses, such as unexpected job load increase and social support (Delongis, 1988). In this context, it may be claimed that stress is constantly present in the human condition and arises from every aspect of human existence, such as married life, everyday family responsibilities, marital discontentment, poor academic performance, work dissatisfaction, troubled relationships, etc. Unavoidable is the fact that the causes of stress differ from individual to person.

From family responsibilities to the workplace, or from the organisation to the home, stress may arise. Individuals who are staying alone are likewise subject to more stress. According to research by (H.Rahe, 1967), the maximum number of people who have experienced stress as a result of the problem between the husband and wife relationship, divorce, and domestic split, as compared to the transfer of location, vacation, and the violation of the law, etc. is quite low. Problems like transfer, vacation etc. are external problems but the problem in marriage, divorce all are internal problems and people experiencing it become more vulnerable and are not able to come out of the situation easily hence, become more stressful. (S Cohen, 1998) and his colleagues

investigated mild and chronic stress and they discovered that a harsh scolding at work or a disagreement with the spouses resulted in less chronic stress than joblessness or an abusive marriage. (Selye, 1996) defined the general adaptation syndrome, which encompasses the alert stage, the resisting stage, and the weariness stage.

When an individual seems to be under stress, he or she may undergo and encounter the following phases. Furthermore, a person may or may not experience all phases of stress, based on the circumstances that precipitated the condition. When homeostasis is disrupted, either physically or psychologically, this may lead to stress. The stress system may be found in both the central nervous system and the organs situated throughout the body. It is responsible for mediating the stress response. Hypothalamic corticotropin-releasing hormone and brainstem-derived norepinephrine are the two primary central effectors of the stress system. These effectors are intricately intertwined with one another. Disorders of behaviour and the body's physical state are both linked to dysfunctions in the stress response system. In humans, stress is a primary factor in the development of psychological as well as physical pathological disorders (Chrousos, 2009).

4. REASONS FOR BEHAVIORAL STRESS

The effectiveness of two Behavioral defence systems determines the level of stress (Abercrombie, 1989) that an individual is able to withstand:

Alarm response: When we are presented with anything that might endanger our safety, the first thing that happens to us is that we tend to deny that situation and behave very differently. This means that our muscles tighten up, and our respiration and pulse rate speed up and we tend to behave very differently (Simone R. Alt, 2010). The majority of threats in today's world are Behavioral in nature, such as an unwarranted verbal assault from a boss at work, for instance. Because reacting with "fight or flight" behaviour is not often seen to be socially acceptable, it is necessary to find other ways to express the Behavioral, mental and physical energy that is generated as a consequence (Cooper CL, 1976).

Adaptation: The second adaptive mechanism gives us the ability to stop reacting when we realise that the stimuli in the surrounding environment no longer pose a risk to our wellbeing. For instance, when we meet a person, we do not like, we unnecessarily get stressed out and behave very differently, as was discussed before. Over time, our responsiveness dwindles (D. Bhargava, 2018). If this process did not work, we would ultimately fail due to the accumulation

of physical and mental fatigue that would finally lead to our Behavioral collapse (Folkman, 1984).

This is the foundation around which individual strategies for stress management are built (Folkman, 1984). The way in which a situation is interpreted or evaluated has a significant role in determining whether or not it produces stress.

- a) the danger inside a scenario (primary appraisal) and
- b) his or her coping abilities to cope with that threat (secondary appraisal).

Past encounters with stress have formed these evaluations, which in turn affect future behaviour and evaluations. Thus, the process of evaluation, behaviour, and stress is ongoing, and stress management may arise from modifying the way a situation is evaluated (cognitive approaches) or reacted to (Behavioral or cognitive techniques) (S., 2022).

5. PROBLEM OF BEHAVIORAL STRESS

The problem of stress for an individual and for the Workplace/Organization is quite different. The problem of stress for an individual will have threat to their health (Reznikov LR, 2007), well-being/ quality of life, functioning or achieving goal, self-esteem, confidence, personal development. This all will go ahead and first manifest itself at the first level of expression which is behaviour. Later, these experiences are carried forward to depict situational behaviour in the later life.

For an organization the threat due to stress, are increase in absenteeism of the employees, quality and quantity of the work will also be hampered, reduction in job satisfaction and morale, very poor communication which will result in conflicts. All these are related to the behaviour of the employee. An employee when stressed will not be able to concentrate and this will be very visible through his/ her behaviour and work performance (S., 2022). Non performance as well dissatisfaction in the above fronts depict significant Behavioral changes.

6. SIGNS OF BEHAVIORAL STRESS

We often think that our emotions and behaviour are not very closely associated but the reality is just the other way round. Our thinking is responsible for our emotions and our emotions are responsible for how we behave, and all these have a very strong effect on our body (S., 2022),

Some of the very natural emotions that we feel when we are stressed are anxious, depressed, angry, bored, apathetic etc which results in committing

mistakes, eating/ sleeping problems, taking drugs, problematic social behaviour. These behaviours and emotions are very likely to occur when a person is stressed and it also hampers their thinking patterns as well (A Singh, 2008).

The cognitions of the stressed people are more likely to poor concentration and memory, poor organisation and decision making, less creative in problem solving, hypersensitive to criticism. And when a person is depressed, its body starts to sweat a lot, people also feel breathlessness, aches and pains increase with heightened heart-beat etc (S., 2022). It is very natural for a person that when stressed his/ her behaviour changes and after that it keeps on building on physical and psychological level.

7. SYMPTOMS OF BEHAVIORAL STRESS

Following is some of the evident symptoms of Behavioral Stress:

A person dealing with Behavioral stress either don't want to eat or will start over-eating. These people will also have problems in taking important decisions because they will feel that they are not very confident or in certain cases due to stress they have the urge to take decisions very impulsively (Weber State University - Counseling & Psychological Services Center, 2022). People will feel that they are lonely or else will try to make themselves lonely by overusing alcohol or cigarette. People dealing with stress often feel nervous and it will be very evident through some of their habits like nail biting, fidgeting, over-eating and try to keep the pace every time (Schneiderman N, 2013).

8. EFFECT OF BEHAVIORAL STRESS

A psychological or physical danger to an individual's balance may start off the complicated phenomenon known as stress, which is comprised of a variety of psychological, physical, and Behavioral reactions (Ingram R.E., 2005). Stress can be triggered by a danger to a person's survival. In spite of the fact that it is most often seen as a detrimental reaction, stress is, in reality, an essential part of the process that ensures our existence. On the other hand, stress may become damaging when it is continually activated despite the lack of a difficult stimuli or when there is persistent encounter to stressful events (KL Harkness, 2020). Both of these scenarios put the body in a state of chronic stress (Bali A., 2015). Though most researches claim stress to depict physical symptoms like increased heart rate first, but Behavioral stress go hand in hand and broadly affects the personal and professional lives of the people.

9. EFFECT OF BEHAVIORAL STRESS ON PERSONAL LIVES OF PEOPLE

The effects of stress on relationship might be damaging to the health of the partnership. Specifically, the consequences of what is known as applied stimuli (Bolger N., 1989) (stress that originates just outside of the partnership, for example- stress from work or acquaintances) may seep into the relationship and cause tension between the couple.

In addition, research has shown a correlation between high degrees of external stress and decreased degrees of overall happiness in one's relationships (Bodenmann, 2000). So, when there is tension in between couples the first level of reaction can be noted in their behaviour as at times they will be little anxious, depressed, agitated, and will also not behave properly in front of people (Lau KKH, 2019).

10. MANAGING BEHAVIORAL STRESS IN PERSONAL LIFE

EI (Emotional Intelligence) has a considerable influence on a person's capability for healthy human contact because of the way it affects their ability to empathise with others (Bar-On, 2010). However, a person's capacity to deal with stress in a given circumstance is contingent on a number of elements, including emotional competence, empathy, self-monitoring, as well as the severity and length of suffering among people. The role of adversity management capability also plays an important role.

Adaptive or maladaptive characteristics have been ascribed to stress coping mechanisms. In adaptive conduct, a person efficiently manages stressful circumstances to limit any risk, however in maladaptive behaviour, the outcomes may not be very advantageous since it makes it more difficult to live in one's environment. Adaptive techniques contribute to a person's general health, productivity, personal fulfilment, and development (Kovapeviü, 2018).

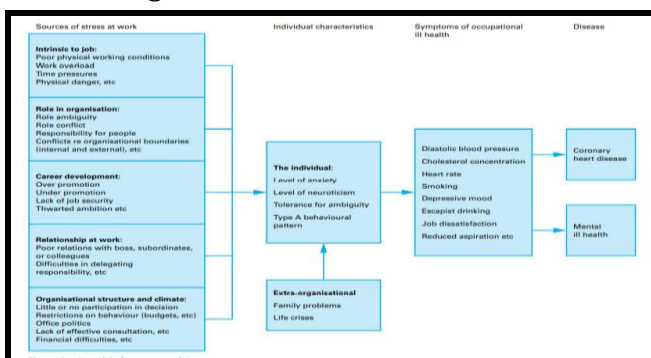
11. EFFECT OF BEHAVIORAL STRESS ON PROFESSIONAL LIFE

The expectations and pressures that contribute to stress may often be found in the workplace, but so can the structural and social resources that can help alleviate its negative effects. The elements that have been discovered to be connected with stress and Behavioral patterns in the workplace may be divided into two categories: those that are related to the content of work, as illustrated in figure below, and those that are related to the social and organisational environment of work (Michaela C. Pascoe, 2019). Long working hours, an excessive amount of labour,

time constraints, activities that are tough or complicated, a lack of breaks, a lack of variation, and bad physical work conditions are examples of the stress that will lead to Behavioral stress. Space, Light and Temperature are one of the most basic necessities and in absence of these the working condition at the workplace will be very poor.

Stress may be caused by work that is unclear or by the roles and limits that clash with one another, as can having responsibility for other people (Jamie Whitehouse, 2022). Because under promotion, a lack of training, and work uncertainty are all sources of stress. Essential buffers against present stress may be found in the career growth opportunities that are available. Relationships at work and the culture of the organisation are two additional factors that may either contribute to or alleviate the negative effects of Behavioral stress. The pleasant social component of work and effective teamwork can lower stress, whereas managers who are critical, demanding, unsupportive, or bullying contribute to an increase in stress levels (Yaribeygi H, 2017).

Fig -1: A model of Stress at Work



Source: Taken from (Cooper CL, 1976)

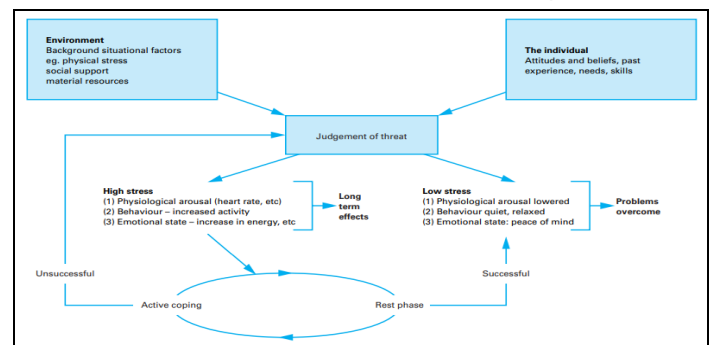
12. MANAGING BEHAVIORAL STRESS AT IN PROFESSIONAL LIFE

Stress may be caused by the culture of an organisation that values "presenteeism" or unpaid overtime. On the other side, a culture that encourages employees to participate in decision-making, that keeps them updated on what's going on in the organisation, and that provides them with high-quality amenities and leisure facilities all contribute to a reduction in stress. A significant cause of stress, particularly in cases where there has been little opportunity for engagement, is organisational change. Changes of this kind include things like mergers, relocations, reorganisations (also called "downsizing"), individual contracts, and job cuts within the organisation (Folkman, 1984).

The evident working-factors which are associated with the Behavioral and psychological ill health are as follows:

- Long working hours which resulted in workload and pressure.
- Effect on the work-life balance.
- Difficulty in decision making.
- Difficulty concentrating on the work
- Social Support is also Poor.
- Management is also unclear which resulted in poor management style.

Fig -2: A model of Stress and its Management



Source: (S., 2022)

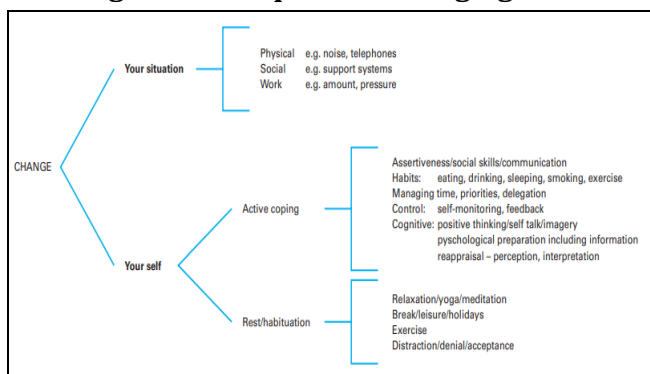
The influential control demand model of work-related strain includes three of these characteristics as important components as shown in the figure. Based on this model, the most probable scenario in which job-related strain and health concerns first evident as Behavioral stress would occur, is one in which high job expectations are combined with a restricted amount of choice freedom. On the other side, strong work demands combined with high levels of choice flexibility provide the opportunity for active learning, a feeling of success, and drive to learn new things. It was discovered that choice freedom is more essential than demand, in comparison to the two factors. Since it was first presented in 1979, this model has been developed further to include social support at work as a factor in determining the level of job strain experienced. The Karasek model has garnered a sufficient amount of empirical evidence for it to be able to serve as a helpful framework for the implementation of interventions in the workplace (Karasek RA, 1990).

It is clear from looking at figures 1 and 2 that people do not have the same susceptibility to the negative consequences of Behavioral stress nor do they share the same risk of encountering this type of stress. People who are more likely to be harmed by Behavioral stress are the one who tend to react emotionally (not being able to depict correct emotions) to situations, are highly competitive, and are under a lot of pressure.

People are also more likely to be harmed by Behavioral stress if they lack psychological resources.

One way to think about the connection between pressures and well-being and functioning is as an upside-down letter U. This is because well-being and functioning are at their lowest points when pressures are either extremely high or very low. Diverse individuals display different forms of this inverted U, which demonstrates how different people have varying thresholds for how they react to Behavioral stress. Rather than attempting to force people into positions that are not a good match for them, an approach that is likely to be effective in reducing stress in the workplace will focus on ensuring that individuals are suitable for the work that they do (D. Bhargava, 2018).

Fig -3: Techniques for Managing Stress



Source: (Karasek RA, 1990)

13. DISCUSSION

Over the decades, stress has indeed been referred to in a variety of ways. Initially, it was thought as pressure applied by the surroundings, and subsequently as strain inside the individual. The currently recognised concept emphasises connection between both the person and the environment. It is the emotional and physical condition that arises when a person's resources are inadequate to deal with the situation's expectations leading to Behavioral stresses. Thus, certain events and person are more prone to induce stress than others. Both interpersonal skills include a wide range of goals may be hampered by stress in their pursuit of objectives (S., 2022).

Employees are finding that the expectations placed on them at work are expanding into their personal spheres, such as their homes and their social life. There are a number of factors that can have a negative impact on a person's ability to fulfil their obligations to their family as well as their interests outside of work, including working long, unpredictable, or antisocial hours; working away from home; bringing work home; high levels of responsibility; job insecurity;

and job relocation. Because of this, the quality of life outside of work, which serves as an essential buffer against the stress brought on by work, is likely going to deteriorate (American Psychological Association, 2017). A person's resilience at work may also be impacted by their personal obligations at home, such as caring for children, dealing with money issues, grieving a loss, or having trouble finding suitable housing. Therefore, a vicious cycle is established in which the stress created in one aspect of one's life, whether it be job or home, overflows over into the other area of one's life, making it more difficult to cope with it. Due to the fact that women continue to be responsible for a greater share of childcare and home tasks than males, women are more likely to suffer the negative effects of Behavioral stress caused by these factors.

Coping with Behavioral stressors and its associated repercussions is a serious challenge for people and institutions in the contemporary workplace (American Psychological Association, 2017). In view of the significant human and monetary expenses caused by employee stress, the research and application of strategies that successfully prevent or lessen job stress are extremely pertinent endeavours (A. Noblet, 2006) (Hamlin, 2008).

The experience of Behavioral stress is multifaceted and may be attributed to a variety of causes. There is no one way to get through the difficult situations that life throws at you; rather, it is a process of learning out what works best for an individual when they are under pressure. The person will be guided through the process of working with both the day-to-day stresses as well as the crisis stressors by the coping skills. When it comes to coping with stressful circumstances, cognitive and Behavioral techniques are beneficial. In recent years, there has been a growing interest in mindfulness-based interventions as a means of stress management. The management of stress is essential due to the fact that stress is linked to a variety of medical issues, each of which has long-lasting repercussions on the person (Karasek RA, 1990).

A wide variety of brain regions are responsible for the integration of sensory, physiological, and emotional cues. Alongside the release of various hormones are a cause of enhanced impact of stress on individual at physical and mental levels. The Behavioral stress response is characterised by a series of responses that occur when different brain networks interpret these signs as a threat, whether that threat is actual or potential. These responses include an increase in performance to deal with the situation and the retention of information to better deal with situations of a similar nature in the future. The stress response, which is mediated by molecules called

mediators, is responsible for promoting both short-term and long-term changes in cellular excitability, as well as changes in neuronal and synaptic plasticity. These changes can cause temporary or permanent shifts in both physiology and behaviour.

One of the drawbacks of the Behavioral stress system is that there are times when it is unable to prevail over the demand posed by the environment, the body, or the emotions. It occurs most often in circumstances in which the need is very robust, persistent, or is taking place throughout development (Rusu PP, 2020). Therefore, it is very important for every individual to be alert and pay attention to their behaviour.

But on the contrary, self-awareness can be considered to be a key, where one can keep a close track of his/her behaviour and an rectify and manage the Behavioral symptoms discussed above by working on enhancing emotional and adversity quotients. This can help prevent long term impacts. Alongside, a key fact brought out here is Behavioral stress can be self-managed as they are among the first signs an individual gets to know for himself/herself.

14. CONCLUSION

The main aim of this paper was to find out if there is any way to cut off the stress when it has started to manifest at the first level and stop it to manifest to the physical and psychological level. Coping with Behavioral stress is the first step towards one's well-being. A person can pay attention to their behaviour caused by stress and try to manage that then and there. There are a number of ways to cope up with Behavioral stress at personal and professional front including adaptive practices. People having the feel that they are undergoing stress or are experiencing shift in their mood and agitation can practice yoga and meditation as well as self-care to deal with it. Dyadic coping can also be used to dela with Behavioral stress at personal front. At professional front there are certain models that can be used to lower the adversity of the deteriorating behaviour as identified through the Karasek model. All said, the paper can validate the fact that Behavioral stress is self-manageable and is probably the first signs an individual can get of his/her witnessing stress.

REFERENCES

- Felipe González Castro, Joshua G. Kellison, Stephen J. Boyd A Singh, S. S. (2008). [Stress and adjustment among professional and non-professional students. *Industrial Psychiatry*, 17\(1\), 26-27.](#) Retrieved 09 04, 2022, from <https://www.industrialpsychiatry.org/article.asp?is>
- sn=0972-6748;year=2008;volume=17;issue=1;spage=26;epage=27;aulast=Singh
- A. Noblet, A. L. (2006, 12). The role of workplace health promotion in addressing job stress. *Health Promot Int.*, 21(4), 346-353. doi:0.1093/heapro/dal029. Epub 2006 Jul 31
- Abercrombie, E. D. (1989). Differential effect of stress on in vivo dopamine release in striatum, nucleus accumbens, and medial frontal cortex. *J. Neurochem*, 52(5), 1655-1658. doi:10.1111/j.1471-4159.1989.tb09224.x
- American Psychological Association. (2017). *Stress in America: The State of Our Nation. Stress in America.* New York: American Psychological Association. Retrieved from <https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>
- Bali A., J. A. (2015). Clinical experimental stress studies: Methods and assessment. *Reviews in the Neurosciences*, 26(5), 555-579. doi:10.1515/revneuro-2015-0004
- Bar-On, R. (2010). Emotional intelligence: An integral part of positive psychology. *South African Journal of Psychology*, 40(1), 54-62. doi:10.1177/008124631004000106
- Bhargava, D. &. (2018). A Study of Causes of Stress and Stress Management among Youth. *IRA-International Journal of Management & Social Sciences*, 11(3), 108. doi:https://www.researchgate.net/publication/326474948_A_Study_of_Causes_of_Stress_and_Stress_Management_among_Youth
- Bodenmann, G. ((2000)). Stress und coping bei paaren. *Hogrefe*. Retrieved 09 05, 2022, from <https://www.zora.uzh.ch/id/eprint/63909/>
- Bolger N., D. A. (1989). The effects of daily stress on negative mood. *J Pers Soc Psychol*, 57(5), 808-818. doi:10.1037//0022-3514.57.5.808
- Chrousos, G. (2009, 06 02). Stress and disorders of the stress system. *Nature reviews endocrinology*, 5, 374-381. doi:<https://doi.org/10.1038/nrendo.2009.106>
- Cooper CL, M. J. (1976). Occupational sources of stress: a review of the literature relating to coronary heart disease and mental ill health. *J Occup Health Psychol*, 11-28. doi: <https://doi.org/10.1111/j.2044-8325.1976.tb00325.x>
- D. Bhargava, H. T. (2018). A Study of Causes of Stress and Stress Management among Youth. *IRA International Journal of Management & Social Sciences*, 11(3), 108-117. doi:<http://dx.doi.org/10.21013/jmss.v11.n3.p1>
- Delongis, A. F. (1988). The impact of daily stress on health and mood: Psychological and social resources as mediators. *Journal of personality and Social Psychology*, 54(3), 486-495. doi:10.1037//0022-3514.54.3.486
- Folkman, R. S. (1984). *Stress, appraisal, and coping.* New York: Springer. Retrieved 09 04, 2022, from <https://books.google.co.in/books?hl=en&lr=&id=i-ySQQuUpr8C&oi=fnd&pg=PR5&ots=DgIOktcjRa&sig=-xqyaSYeLZ51R->

- q6I22vEw1Ly1U&redir_esc=y#v=onepage&q&f=false
- Gangai, K. N. (2013). Stress Management: Concept and Approaches. *THE INTERNATIONAL JOURNAL OF HUMANITIES & SOCIAL STUDIES*, 1(6), 1-5. Retrieved 09 03, 2022, from https://www.researchgate.net/publication/326681887_Stress_Management_Concept_and_Approaches
- H.Rahe, T. H. (1967, 08). The social readjustment rating scale. *Journal of Psychosomatic Research*, 11(2), 213-218. doi:[https://doi.org/10.1016/0022-3999\(67\)90010-4](https://doi.org/10.1016/0022-3999(67)90010-4)
- Hamlin, R. G. (2008). The emergent 'coaching industry': A wake-up call for HRD professionals. *Human Resource Development International*, 287-305. doi: <https://doi.org/10.1080/13678860802102534>
- Ingram R.E., L. D. (2005). *Development of psychopathology: A vulnerability-stress perspective*. London: Sage Publications. Retrieved from https://books.google.co.in/books?hl=en&lr=&id=OcZyAwAAQBAJ&oi=fnd&pg=PP1&ots=kZR3DQGIY_&sig=DPR4YzRtKITsE91kc9aOIw8V5jc&redir_esc=y#v=onepage&q&f=false
- Jamie Whitehouse, S. J. (2022). Signal value of stress behaviour. *Evolution and Human Behavior*, 43(4), 325-333. doi:<https://doi.org/10.1016/j.evolhumbehav.2022.04.001>
- Karasek RA, T. T. (1990). Healthy work: stress, productivity, and the reconstruction of working life. *The university of Chicago Press Journals*, 66(4), 525-527. doi:<https://doi.org/10.1086/417423>
- KL Harkness, E. H. (2020). *The Oxford handbook of stress and mental health*. USA: Oxford University Press. Retrieved from https://books.google.co.in/books?hl=en&lr=&id=IMHADwAAQBAJ&oi=fnd&pg=PP1&ots=vcT2NIps7k&sig=W6OkNyjuNcDrOXb6g9Gmg7X44jw&redir_esc=y#v=onepage&q&f=false
- Kovapeviü, M. P. (2018). Relationship between coping strategies and emotional intelligence among patients with schizophrenia. *Psychiatria Danubina*, 30(3), 299-304. doi:10.24869/psyd.2018.299.
- Lau KKH, R. A. (2019). Examining the Effects of Couples' Real-Time Stress and Coping Processes on Interaction Quality: Language Use as a Mediator. *Front Psychology*. doi:10.3389/fpsyg.2018.02598
- Michaela C. Pascoe, S. E. (2019). The impact of stress on students in secondary school and higher education. *International Journal of Adolescence and Youth*, 25(1), 104-112. doi:<https://doi.org/10.1080/02673843.2019.1596823>
- Reznikov LR, G. C. (2007, 06 06). Acute stress-mediated increases in extracellular glutamate levels in the rat amygdala: differential effects of antidepressant treatment. *Eur J Neurosci.*, 25(10), 3109-3114. doi:<https://doi.org/10.1111/j.1460-9568.2007.05560.x>
- Rusu PP, N. F. (2020). Stress, dyadic coping, and relationship satisfaction: A longitudinal study disentangling timely stable from yearly fluctuations. *PLOS ONE*, 15(4). doi:<https://doi.org/10.1371/journal.pone.0231133>
- S Cohen, E. F. (1998). Types of stressors that increase susceptibility to the common cold in healthy adults. *Health Psychol.*, 17(3), 214-23. doi:10.1037//0278-6133.17.3.214.
- S., M. (2022). Causes and management of stress at work. *Occup Environ Med.*, 59(1), 67-72. doi:10.1136/oem.59.1.67.
- Sandi, C. H. (2015). Stress and the social brain: Behavioral effects and neurobiological mechanisms. *Nat Rev Neurosci*, 15, 290-304. doi:<https://doi.org/10.1038/nrn3918>
- Schneiderman N, A. M. (2013). Handbook of Research Methods in Cardiovascular Behavioral Medicine. (W. S. Schneiderman N, Ed.) *Schneiderman N*, 349-364. Retrieved 09 05, 2022, from https://books.google.co.in/books?hl=en&lr=&id=1QbyBwAAQBAJ&oi=fnd&pg=PR2&ots=leUpwYYbKE&sig=mbR2Ii8MUkoAx1ag9dTsr9XEA60&redir_esc=y#v=onepage&q&f=false
- Selye, H. (1996). *The stress of life*. New York: Mc Grow- Hill. .
- Simone R. Alt, J. D. (2010). Differential expression of glucocorticoid receptor transcripts in major depressive disorder is not epigenetically programmed. *Psychoneuroendocrinology*, 35(4), 544-556. doi:10.1016/j.psyneuen.2009.09.001
- Weber State University - Counseling & Psychological Services Center. (2022). *Weber State University*. Retrieved Sept 4, 2022, from Weber State University - Counseling & Psychological Services Center: <https://www.weber.edu/CounselingCenter/stress.html>
- Yaribeygi H, P. Y. (2017, 07 21). The impact of stress on body function: A review. *EXCLI J.*, 16, 1057-1072. doi:10.17179/excli2017-480.

Cite this article as: Mrs. Shalini Das and Dr. Swetha Appaji Parivara (2023). Behavioral Stress and Management. *International Journal of Emerging Knowledge Studies*. 2(3), pp. 58-65.